

It is very important to have realistic expectations for the injections. Everyone's face is different, and everyone's blepharospasm symptoms will be different. Consequently, it may take an injecting physician several tries to get the injection pattern, amount, and technique just right.

Here are some things that you can do to improve your chances for successful injections:

1. Don't doctor hop. Every time you go to a new physician, you are starting over. The only good reason to change doctors is because your current doctor does not listen to you.
2. Take a video of your symptoms on your very worst symptomatic day. You can do that with a smart phone. You do this because, you won't look like that when you go to the doctor appointment. This will help the doctor make good decisions about the injections.
3. Document the results of the injections -- how long until there was relief of symptoms, were there any side effects such as blurry vision, etc., when did the relief from botulinum toxin begin to wear off, and did anything unusual happen? This will also help inform the doctor's decisions. Also, writing this down prevents you from forgetting possibly important information when you go in for injections.
4. You may want to try a different botulinum toxin.
5. Five days before and the day of the injections (only those 6 days in the injection cycle) take a zinc supplement. Zinc has a chemical reaction with the botulinum toxin that may improve its efficacy. While taking the Zinc supplement, avoid eating foods made from grains, such as cereal or bread. Those foods reduce the absorption of the Zinc.